

Pathfinder series: Breast Cancer

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

Books

Beat Breast Cancer Like a Boss: 30 Powerful Stories / Ali Rogin

Call number: 7.4.1 2020

In their own words, the successful, high-profile women in this book inform and encourage by sharing their experiences and advice: how they told loved ones about their diagnoses, navigated treatment options, and managed the work/life/cancer balance.

Breast Cancer Clear and Simple: All Your Questions Answered / American Cancer Society

Call number: 7.4.45 2016

You've just found out you have breast cancer and you need easy-to-understand answers to lots of questions. This book will help you understand treatment choices, deal with the effects of treatment, find out about support groups and how to move on after treatment.

The Breast Cancer Survival Manual / John Link

Call number: 7.4.6 2017

This book provides essential updates on treatment and care and includes advice on the new genomic classification of breast cancer, cancer gene testing, and the continued importance of getting a second opinion.

The Complete Guide to Breast Cancer: How to Feel Empowered and Take Control /

Trisha Greenhalgh and Liz O'Riordan

Call number: 7.4.8 2018

Packed full of all the things the authors wished they'd known when they were diagnosed, and tips on how to cope with surgery, radiotherapy, chemotherapy and beyond, this is the only book you need to read to guide you through your breast cancer diagnosis.

Off Our Chests: A Candid Tour Through the World of Cancer /

John L. Marshall and Liza Marshall

Call number: 7.4.14 2021

Recounts the story of Liza and John's experience with her diagnosis and treatment. Written in alternating voices, Liza details her treatment, the complex decisions she had to make throughout her course of chemotherapy and radiation; the added complexity being treated at the cancer center of which John was the chief of hematology and oncology.

Websites

BC Cancer Agency: Breast Cancer

<http://www.bccancer.bc.ca/health-info/types-of-cancer/breast-cancer>

The BC Cancer Agency provides a nice, comprehensive and straight forward guide to a breast cancer diagnosis. Throughout the site are links to other sources of information, definitions of terms and information about some of the BCCA's programs and clinics as well. Skip to the bottom of the publication and there are links to other useful websites, videos and other multimedia resources.



Breastcancer.org <http://www.breastcancer.org/>

Breastcancer.org is one of the first and still one of the best sites dedicated to providing the most reliable, complete, and up-to-date information about breast cancer. The site also boasts an active online community for people living with breast cancer, "Ask-the-Expert" online conferences, a blog and more.



Canadian Breast Cancer Network <http://www.cbcn.ca/>

The CBCN's site provides news, events, and information for different types of patients and different types of breast cancer, including sections for young women, those with metastatic cancer, rural women, a section dealing with survivorship issues and one for those who have been newly diagnosed. Videos, a downloadable newsletter and links to other helpful resources are also included.



Canadian Cancer Society – Breast Cancer

<http://www.cancer.ca/en/cancer-information/cancer-type/breast/breast-cancer/?region=on>

The CCS has a good, detailed overview of breast cancer – types, treatments, grading and staging, supportive care information, and much more. As with most things cancer related, the CCS website or their excellent Cancer Information Service phone line (1-888-939-3333) is a great place to start your research.



Cedars MUHC Patient Education Guides – Breast Cancer

<http://www.muhcpatienteducation.ca/cancer-guides/find-a-cancer/breast-cancer.html?parentID=300§ionID=305>

These patient guides are an innovative approach to learning about what cancer is, how it is treated, what other effects it can have on the body (fertility, menopause, etc.) and more. Learn how breast cancer is staged, how it may spread, the different types of surgery and other treatments that are available, as well as what you can expect after treatment.



Living Beyond Breast Cancer <http://www.lbbc.org/>

This site offers information, support, and resources for breast cancer patients and survivors. Sections include information for the newly diagnosed, triple-negative breast cancer, LGBT, men with breast cancer, and more. Videos and multimedia sources are offered on the website as well.

